

# Foot Massage During Pregnancy



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## Notes

## General Information

Your partner's body goes through many changes during pregnancy. Massaging her feet may help her to be more comfortable during these changes.

This booklet will teach you how to properly do foot massage. **It is important that the strokes be done slowly and in one direction.**

**Foot massage should not be done before 37 weeks into pregnancy.**

## Benefits of Massage

Research studies show that massage may help to:

- reduce stress and anxiety
- reduce pain and muscle tension
- increase a sense of well-being and calm
- lower blood pressure and heart rate
- improve circulation
- soften tight muscles
- prevent muscles from weakening.

## How to Prepare to Do the Massage

- You may need the following items to do foot massage:
  - regular lotion
  - massage oil (such as jojoba, olive or grapeseed oil)
  - clean, dry hand towels
  - calming, relaxing music or nature sounds (if your partner wishes)
  - pillows.
- Wash your hands well with warm water and soap.

- Ask your partner to remove any rings or jewelry from her hands and wrists.
- Have your partner sit or lie in a comfortable position.

### When to Avoid or Stop Doing the Massage

It is important to avoid or stop doing the massage if your partner has pain or discomfort in her feet or ankles.

### How to Do Foot Massage

Read the following directions to learn how to properly do foot massage.

1. Place a small amount (about the size of a quarter) of lotion or oil in your palm and rub your hands together. You may also do the massage without lotion or oil.
2. Ask your partner which of her feet she would like you to massage first.

11. Support her foot by placing one of your hands under her heel.
  - Beginning at her heel, make a fist with your other hand and roll your knuckles into the bottom of her foot.
  - Continue working up the bottom of her foot until you reach the base of her toes.
  - Repeat 3 times.



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**Step 11: Roll your knuckles into the bottom of her foot, moving from her heel to the base of her toes.**

12. Repeat step 4.
13. Gently place her foot in a comfortable position.
14. Switch to massage her other foot.

10. Place your fingers on top of her foot and thumbs under her foot near the base of her heel.
  - Using your thumbs, gently stroke the bottom of her foot from her heel to the base of her toes.
  - Finish by holding the pressure at the base of her toes for 15 seconds.
  - Repeat 3 times.



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**Step 10: Use your thumbs to stroke the bottom of her foot, moving from her heel to the base of her toes.**

3. Support her foot by placing one of your hands under her heel. Hold her foot with your other hand near the base of her toes.
  - Using both of your hands, gently rotate her heel and toes in a circle.
  - Repeat 3 times.



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**Step 3: Hold her foot by the base of her toes and move her heel and toes in a circle.**

4. Place one hand on top of her foot near her ankle and the other on the bottom of her foot near her heel. Her foot should be in between your two hands.
  - Gently slide your hands from her ankle to her toes.
  - Repeat 3 times.



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**Step 4: Place one hand on the top of her foot and your other hand under her foot.**

9. Place your fingers on top of her foot and thumbs under her foot.
  - Beginning at her heel, use your thumbs to make little circles on the bottom of her foot.
  - Continue working up the bottom of her foot, until you reach the base of her toes.
  - Repeat 3 times.



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**Step 9: Use your thumb to rub the bottom of her foot in circular motions.**

8. Place your four fingers of each hand on the side of her foot near her heel.

- Gently stroke the sides of her foot from her ankle to her toes.
- Repeat 3 times.



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**Step 8: Stroke the sides of her foot with your four fingers.**

5. Place your thumbs on top of her foot near her ankle and support under her foot with your fingers.

- Stroke the sides of her foot from her heel to her toes.
- Repeat 3 times.



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**Step 5: Starting at her ankle, stroke the sides of her foot. Move from her heel to her toes.**

6. Support her foot by placing one of your hands under her heel. Place your thumb of your other hand on the top of her foot near the base of her ankle.

- Using your thumb, gently stroke the top of her foot from her ankle to her toes. Each stroke will finish between her toes.
- Repeat between each toe, 3 times.



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**Step 6: Gently stroke down the top of her foot, finishing between her toes.**

7. Support her foot by placing one of your hands under her heel. Hold her foot with your other hand near the base of her toes.

- Using the pads of your fingers, gently tug and twist each of her toes. This should not cause pain or discomfort.
- Repeat 3 times.



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**Step 7: Gently tug and twist each of her toes.**